

Northwoods Journal – June 2017

A Free Publication about Enjoying and Protecting Marinette County's Outdoor Life

In This Issue:

Nature Profiles – the Ovenbird	1
Annual Harmony Bird Hike	1
WRISC – Attention Landowners	1
National Pollinator Week	2
Monarch Watch - Bring Back the Monarchs Campaign & Monarch Citizen Science Projects	3
Eurasian Water Milfoil Management in Beecher Lake	4
Fee-Free Weekend in WI State Lands, June 3-4	4
Wisconsin Envirothon Winners	5
Harmony Chimney Swift Tower	5
Benefits - Walking in the Woods	6
Livewell "Drain Campaign"	6
Ask a Master Gardener	7
Breakfast on the Farm	7
What's New at the Arboretum?	7
Area Events Calendar	8
Harmony Arboretum Calendar	8

Nature Profiles - Song Birds: the Ovenbird

By Greg Cleereman, County Conservationist



The Ovenbird is a warbler and part of a group known as 'neotropical migrant songbirds'. That's quite a mouthful, but all it means is that these tiny song stylists breed in North America but winter in Central/South America. This group includes warblers, vireos, thrushes, tanagers, wrens, and flycatchers. Although they live highly variable lives in diverse habitats, neotropical migrants have several things in common: they are generally quite small, males are colorful while females are camouflaged; they eat mostly insects rather than seeds; and they sing.

Weighing not much more than a penny, these birds make incredible journeys each year overcoming predators, storms and adverse winds, and simple starvation if they can't find enough food. Upon reaching breeding grounds, and often on the way, females choose mates. Males are judged on the perfection of his song, brightness of his plumage, or the quality of his territory.

In any case, these birds hurry to choose a mate and raise a family as young must be old and strong enough to make the arduous migration south in the fall. Unlike woodpeckers and chickadees that stay

in Wisconsin year-round, the tight timeframe means migrants may only get one chance to raise a brood. A nest destroyed or fledglings lost cannot be replaced that year.

Ovenbird
Seiurus aurocapilla



Map by Cornell Lab of Ornithology
Range data by NatureServe

A high quality territory is worth defending, and singing is the first line of defense. It tells other birds of the same species whose territory they are in and how superior the singer is. The next line of defense

Continued next page

Annual Bird Hike at Harmony Arboretum



Join Greg Cleereman, Marinette County Conservationist, on **Saturday, June 10, at the Harmony Arboretum from 6:00-8:00 a.m.** Learn to identify birds by sight and song, and enjoy the scenery of the prairie and upland hardwoods. Over the years, about 80 bird species have been found here, including bobolink and black-billed cuckoo.

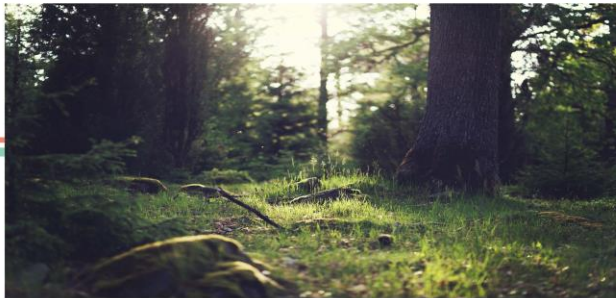
Binoculars and bird identification books will be available, but bring your own if you wish. The route is moderate on internal trails and roads. Insect repellent is recommended. Harmony Arboretum is located seven miles west of the City of Marinette off of Highway 64, then ½ mile south on County E. For more information, call the LWCD office at 715-732-7780.

Attention Private Land Owners!



In Florence, Forest, and Marinette Counties

Wild River Invasive Species Coalition (WRISC) is seeking property owners with 500 acres or less who are interested in having their land inventoried for invasive species. After inventory is complete, land owners will receive a copy of mapped property, inventory results and helpful material to assist land owner in identifying and treating any invasive species that are found. If any early detection species are found, WRISC will assist in providing rapid response control.



For more information please contact
wildriverscwma@gmail.com
906-774-1550x102

420 N Hooper Street Kingsford, MI



The Pollinator Partnership's mission is to promote the health of pollinators, critical to food and ecosystems, through conservation, education, and research. Signature initiatives include the NAPPC (North American Pollinator Protection Campaign), National Pollinator Week, and the *Ecoregional Planting Guides*.

Why does pollination matter to us?

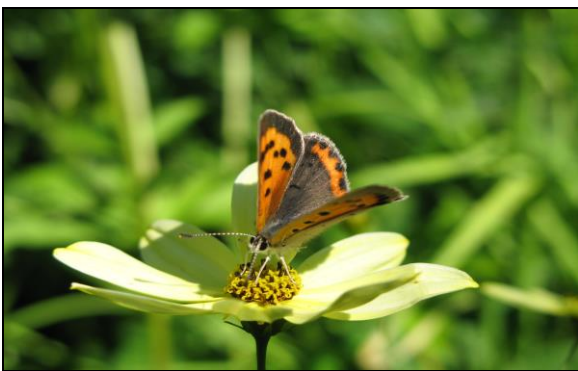
- Worldwide, roughly 1,000 plants grown for food, beverages, fibers, spices, and medicines need to be pollinated by animals in order to produce the goods on which we depend.
- Foods and beverages produced with the help of pollinators include: apples, blueberries, chocolate, coffee, melons, peaches, potatoes, pumpkins, vanilla, almonds, and tequila.
- In the United States, pollination by honey bees, native bees, and other insects produces \$40 billion worth of products annually.

Are pollinators in trouble?

- Worldwide there is disturbing evidence that pollinating animals have suffered from loss of habitat, chemical misuse, introduced and invasive plant and animal species, and diseases and parasites.
- Many pollinators are federally "listed species," meaning that there is evidence of their disappearance in natural areas.
- The U.S. has lost over 50% of its managed honeybee colonies over the past 10 years.
- A lack of research has hindered our knowledge about the status of pollinators. The E.U. has been so concerned that they have invested over \$20 million investigating the status of pollinators in Europe.

What can I do to promote and protect pollinators?

- Plant for pollinators - cultivate native plants, especially those that provide nectar and larval food for pollinators – visit our website for free *Ecoregional Pollinator Planting Guides*
- Install houses for bats and native bees
- Supply salt or mineral licks for butterflies and water for all wildlife
- Reduce pesticide use
- Substitute flower beds for lawns



Watch for pollinators

- Join the Pollinator Partnership
- Volunteer for pollinator-friendly organizations and garden groups
- Experience time outdoors and work with plants and animals
- VOTE! Make your voice be heard for conservation and pollinators

Reduce your impact

- Buy locally produced or organic food
- Walk, cycle, use public transit, carpool, telecommute
- Reduce your consumption – reduce, recycle, reuse

Pollinator Week was initiated and is managed by the Pollinator Partnership: <http://www.pollinator.org/>

Continued from page 1, Ovenbirds:

is to display and posture at intruders. If those tactics don't work, they fight. The song, although beautiful, is meant to warn, not entertain.

Without the unique songs, it would be very difficult to find and identify the various species. These birds are most active at dawn and dusk, spend their time in tree tops or thick brush, and are very small. They are important to us for several reasons, but the most important may be forest health due to the huge quantities of insects they eat and for what they add to our enjoyment of the outdoors. Try to imagine the spring and summer forest without bird song!



The Ovenbird is a member of a group known as warblers, of which about 21 species breed in Marinette County. Several more species pass through each year on their way to and from Michigan's U.P. and Canada. Ovenbirds are about six inches long. They are solid olive-brown above, except for black stripes and an orange crown on their head. The under parts are white except for brown stripes on the breast. The easiest way to identify ovenbirds is by their song, an emphatic "teacher, teacher, teacher" rapidly repeated in crescendo.

The best ovenbird habitat consists of dry hardwood or mixed forest with a closed canopy, open under story, and medium brush density. Ovenbirds feed on insects, spiders and other invertebrates found on or near the forest floor. Abundance is directly related to prey density and habitat structure.



Ovenbirds nest on the ground in a depression with a roof of dead leaves and surrounding vegetation. The single entrance makes the nest look like an old-fashioned oven, giving the bird its name. The nest is built by the female in about five days, and she then lays 3-6 eggs which she incubates. Nests are almost impossible to find without seeing the female flush and they don't flush until almost stepped on. However, nesting on the ground makes predation by chipmunks a greater concern than for tree-nesting birds. Chipmunks have been known to burrow directly into the nest to eat the young birds.



Eggs hatch in an average of 12 days and young leave the nest in 8 to 10 days. The normal strategy is for fledged young to scatter some distance from the nest. This decreases the likelihood that all the young would be killed by one predator. Both parents bring food to young. When people or predators get too close to the nest or young, the adults pretend to have a broken

wing, which is dragged on the ground. They make quite a commotion in an effort to lead danger away.

Ovenbirds are still one of our most common forest song birds. The main long term threat they face is *forest fragmentation*, which occurs when large, continuous forests are divided by roads, agriculture, urbanization, or other development. Fragmentation increases predation and nest parasitism by brown-headed cowbirds. Research has shown the deeper within a forest block the Ovenbird nests, the higher the nesting success and number of fledged young produced.



A baby brown-headed cowbird is fed by a surrogate parent. Cowbirds are a parasitic species, where females substitute their own eggs into other bird species' nests.

A new threat to the Ovenbird and other ground nesting forest birds was revealed in Minnesota's Chippewa National Forest and Wisconsin's Chequamegon-Nicolet National Forest by a research team led by Scott Loss of the University of Minnesota and the Smithsonian Migratory Bird Center. Their work exposed a direct link between the presence of invasive European earthworms (*Lumbricus* spp.) and reduced numbers of ovenbirds in mixed sugar maple and basswood forests.

The results are detailed in a paper published online in the scientific journal, *Landscape Ecology*. European earthworms are invading previously earthworm-free hardwood forests in North America scientists say, and consuming the rich layer of leaf litter on the forest floor. In turn, herbaceous plants that thrive in thick leaf litter and provide cover for ground-nesting birds are thinning out, replaced by grasses and sedges. As a result, ovenbird nests are more visible and vulnerable to predators. Ovenbirds searching for nesting sites reject these low-cover areas outright. Areas of reduced leaf litter also contain less food for ovenbirds, forcing them to establish larger territories, resulting in fewer birds over a given area. As recently as 2006, ovenbird numbers were increasing, but now across the northern Midwest they are decreasing about 1.39 % per year.



Above is habitat where earthworms have consumed leaf litter essential to ovenbird nesting habitat. At left (center column) is a habitat undisturbed by earthworms.

To read more about this study from the Smithsonian Insider, visit <http://insider.si.edu/2012/02/earthworms-to-blame-for-decline-of-ovenbirds-in-northern-midwest-forests-study-reveals/>.

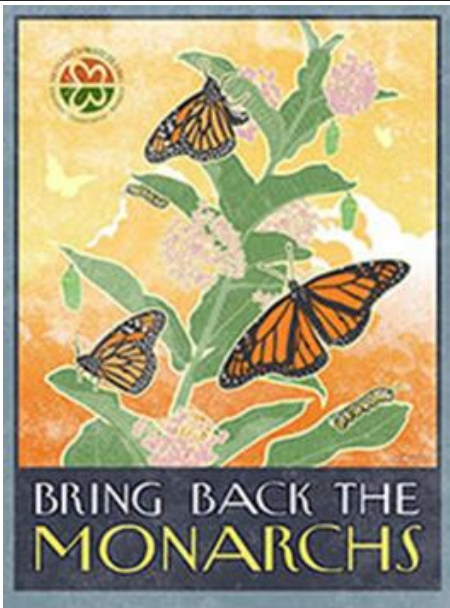
To see ovenbirds on the move and hear their song, visit <https://www.allaboutbirds.org/guide/Ovenbird/id>.



Northwoods Journal Online

Would you like to read current issues of the *Northwoods Journal* online? Go to www.marinettecounty.com and click "Northwoods Journal" in the Quick Links menu at the right of the page. We can send an e-mail reminder when each new issue is posted online. Contact Anne Bartels, Information & Education Specialist: abartels@marinettecounty.com or call 715-732-7784 for more information.





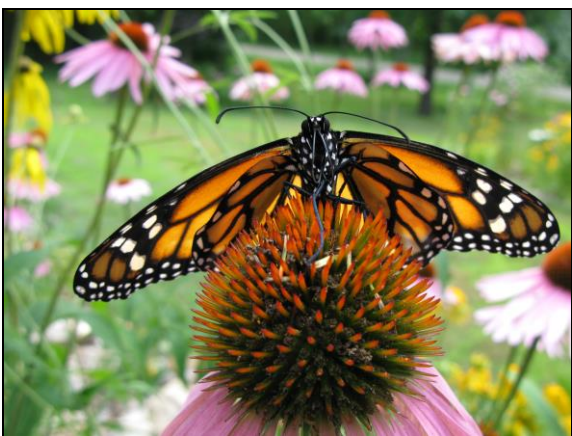
Monarch Watch Announces 'Bring Back the Monarchs' Campaign

<http://monarchwatch.org/bring-back-the-monarchs/>

"In real estate, it's location, location, location - for monarchs and other wildlife it's habitat, habitat, habitat", said Chip Taylor, Director of **Monarch Watch**. Monarch Watch (www.MonarchWatch.org) started in 1992 as an outreach program dedicated to engaging the public in studies of monarchs and is now concentrating its efforts on monarch conservation. "We have a lot of habitat in this country but we are losing it at a rapid pace. Development is consuming 6,000 acres a day, a loss of 2.2 million acres per year.

Further, the overuse of herbicides along roadsides and elsewhere is turning diverse areas that support monarchs, pollinators, and other wildlife into grass-filled landscapes that support few species. The adoption of genetically modified soybeans and corn have further reduced monarch habitat. If these trends continue, monarchs are certain to decline, threatening the very existence of their magnificent migration", said Taylor.

To address these changes and restore habitats for monarchs, pollinators, and other wildlife, Monarch Watch is initiating a nationwide landscape restoration program called "Bring Back the Monarchs." The goals of this program are to restore 20 milkweed species, used by monarch caterpillars as food, to their native ranges throughout the United States and to encourage the planting of nectar-producing native flowers that support adult monarchs and other pollinators.



This program is an outgrowth of the **Monarch Waystation Program** started by Monarch Watch in 2005. There are now over 5,000 certified Monarch Waystations – mostly habitats created in home gardens, schoolyards, parks, and commercial landscaping. "While these sites contribute to monarch conservation, it is clear that to save the monarch migration we need to do more," Taylor said. "We need to think on a bigger scale and we need to think ahead, to anticipate how things are going to change as a result of population growth, development, changes in agriculture, and most of all, changes in the climate," said Taylor.

According to Taylor, we need a comprehensive plan on how to manage the fragmented edges

and marginal areas created by development and agriculture since it is these edges that support monarchs, many of our pollinators, and the many forms of wildlife that are sustained by the seeds, fruits, nuts, berries, and foliage that result from pollination. "In effect," Taylor argues, "we need a new conservation ethic, one dealing with edges and marginal areas that addresses the changes of the recent past and anticipates those of the future."



Registered Monarch Station in Menominee County

New Monarch Watch Citizen Scientist Project

<http://monarchwatch.org/blog/2017/03/31/new-monarch-watch-citizen-scientist-project/>



Monarch Watch is seeking the immediate assistance of hundreds of monarch enthusiasts (citizen scientists) in collecting observations of monarchs in their area during the spring and fall. This project is an attempt to assemble quantitative data on monarch numbers at critical times during the breeding season. The data from these observations will be used to assess their value in predicting trends in the population.

Background

Why do we need a "monarch calendar" and your help recording monarch numbers? The decline in monarch numbers over the last 15 years has inspired numerous attempts to define critical factors that explain the inter-annual variation in monarch numbers. The data sets used for these analyses have had a variety of limitations which have either been ignored or underappreciated by the authors of a number of publications. The truth is that much of the data that is available is too general and does not adequately represent important aspects of the biology that underlies the development of the population each reproductive season.

There are numerous gaps in our knowledge and some of these gaps can be addressed if we can convince a large number of monarch enthusiasts (citizen scientists) to record the number of monarchs they see each day and what the monarchs are doing, along with general information about the physical conditions associated with each observation. *To provide meaningful data, we need to recruit hundreds of volunteers to record what they see.*



Instructions for Citizen Scientists

Here is what we need citizen scientists to do:

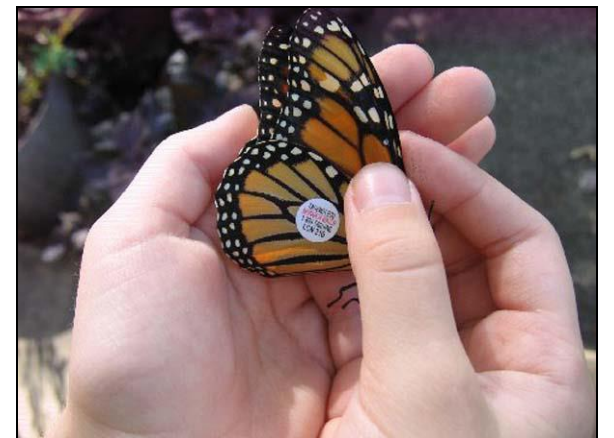
1. Register as a participant in this project by providing your name, location (including latitude and longitude), and email address via the form at monarchwatch.org/register. To determine your geographic coordinates, please use any of the following sites (or others) to enter your city, state/province, and zip/postal code and retrieve your latitude and longitude in decimal form (e.g., latitude: 38.95 longitude: -95.27 for Lawrence, KS 66045).

- mynasadata.larc.nasa.gov/latitude-longitude-finder/
- www.latlong.net
- mygeoposition.com
- www.gps-coordinates.org

2. Record every monarch seen in your location for specific periods depending on your latitude. To keep these records all one has to do is to list the number of monarchs seen each day in which seeing a monarch was a possibility.

3. Submit your data to us at the end of the observation period via an online form. We will provide a link to the submission form at a later date via the email address you give us when you register. We will assemble the calendar records for each period and region then provide summaries online once we have a chance to analyze the data.

There are more details about how to monitor and what to record on the website. Please register for this project and start logging your observations today! There are other monitoring opportunities available too, like tagging monarch adults and larva monitoring (below). Just visit www.MonarchWatch.org and click on the "Research Projects" link.



Thank you in advance for your assistance – if you have any questions or comments about this or other projects, please contact us at monarch@ku.edu.

For more information on how you can help monarchs and other pollinators, visit these websites for ideas and resources:

- ✓ <https://www.fws.gov/pollinators> - U.S. Fish & Wildlife Service
- ✓ <http://www.pollinator.org/> - see page 2
- ✓ <http://xerces.org/> - the Xerces Society for Invertebrate Conservation
- ✓ <http://monarchjointventure.org>
- ✓ <https://www.epa.gov> - U.S. Environmental Protection Agency
- ✓ <http://millionpollinatorgardens.org>
- ✓ <http://www.naba.org/> - North American Butterfly Association



An ounce of Prevention...10 Years of EWM Management on Beecher Lake

By Chuck Druckrey, Water Resource Specialist

You have probably heard the saying, "An ounce of prevention is worth a pound of cure". When it comes to invasive species, no truer words have ever been spoken! In Wisconsin the battle against invasive species costs millions of dollars every year. The state has staff whose only job is preventing the spread of invasive species, and many others who spend most of their days managing the invaders. Locally, the invasion of Beecher Lake by exotic plants shows just how difficult and expensive the battle against invasives can be, and how a dedicated group of landowners can make a difference.

The "Battle for Beecher Lake" started in the fall of 2007 with a call from a lakefront property owner who was concerned about the "new" weeds that were sprawling across the surface and choking off parts of a shallow bay on the east side of the lake. A visit confirmed that Eurasian watermilfoil (EWM, below), an aquatic plant native to central Europe, had invaded the lake. This discovery began a 10-year cooperative effort between the Beecher Lake District and the Marinette County Land & Water Conservation Division (LWCD) to find a way to manage the plant.



Within weeks of its discovery, the Lake District began working with the Wisconsin DNR and County LWCD to control the new invader. The District soon received a DNR Aquatic Invasive Species (AIS) Planning Grant to study the aquatic plant community and develop a plan for EWM control. The District also began treating the invader with aquatic herbicides, spending several thousand dollars to treat EWM 2008.

With a management plan in place, the District received an AIS Control Grant in 2009 which paid 75% of the cost for herbicide treatment of EWM beds in 2009 and 2010. In 2013 and 2014, the District worked with the DNR to study a new method of EWM control using whole-lake treatment where herbicides are applied at a low dose early in the growing season (below). These treatments have shown promise in many lakes; controlling EWM while reducing damage to native plants. Unfortunately, every lake is different, and the EWM control in Beecher Lake was short lived. In almost every case, EWM growth was significantly reduced for a few months, only to come surging back in the fall. In fact, despite aggressive herbicide use, by 2015 EWM had greatly increased in range and density in Beecher Lake.



The AIS Control Grant also helped fund a winter drawdown of Beecher Lake to control EWM by freezing its roots. The water level on Beecher Lake is controlled by a 6-foot high dam. Unfortunately there is no gate or valve to control the water level, so in 2011 the District built four large siphons to drain water from the lake. The test was successful in moving water over the dam, but it wasn't possible to maintain the drawdown though the winter using the siphons alone. The drawdown also revealed that years

of sediment deposition had filled in the creek bed near the dam, which reduced the maximum drawdown level by nearly two feet.



To fix the problem, the District applied for and received a second AIS Control Grant in 2015 to add a drain pipe and dredge a channel to the dam. To complete the work the District had to once again use the siphons to lower the water level so the work could be completed. The drain pipe was installed in the spring of 2016 and the dredging was completed last winter, nearly 10 years after EWM was first discovered in Beecher Lake.



Throughout the process the County LWCD worked closely with the Lake District. County staff was involved in planning new management efforts; grant writing, and studying the aquatic plant community to track EWM and evaluate management efforts. County staff also designed the dredging project and spent many hours on-site when dredging was taking place.

Did I mention that managing aquatic invasive species can be expensive...? ***In the end, the Beecher Lake District has spent more than \$104,000.00 managing EWM and the State has contributed nearly \$120,000.00.*** In addition, the LWCD spent thousands of hours working on these projects. Lake District officers and volunteers have likewise spent hundreds of hours meeting and planning, and many hundreds more installing and removing siphons, and digging channels through the mud with shovels when they could have been relaxing and enjoying the lake.

But EWM has finally been eradicated from Beecher Lake, right? Sadly no, and it likely never will be. But the Lake District now has the tools to deal with EWM. They will no longer need to spend thousands of dollars every year pouring chemicals into Beecher Lake. In the future, when EWM becomes too abundant they can open the valves, lower the water level, and freeze out most of the invasive plants. If EWM remains too dense in some deep-water areas the District can still conduct smaller spot treatments or utilize the County-owned suction harvester as needed. Armed with these tools the Lake District is better equipped to manage EWM and prevent it from taking over the lake.

So next time you see a poster warning about aquatic invasive species at the boat landing, or talk to a watercraft inspector about cleaning your boat, remember... an ounce of prevention is worth many pounds of cure! **And make sure you clean your boats and trailers, and drain your livewell so you don't end up being the person who spreads an invasive species to your favorite lake.** Your kids will thank you!



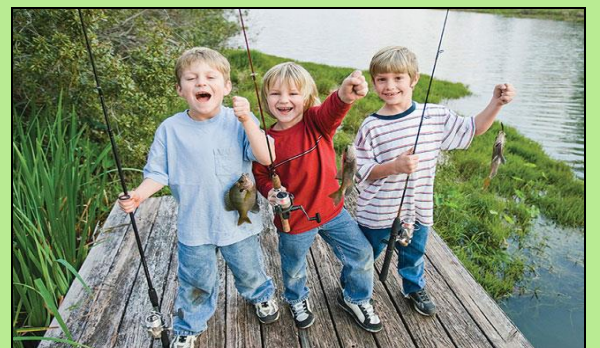
Fee-free Weekend in Wisconsin's State Lands, June 3-4, 2017

On June 3 and 4, the following outdoors activities are free for Wisconsin residents and visitors alike!

- Free entry to state parks and forests
- Free fishing
- Free DNR trails
- Free ATV/UTV riding on public trails open to such uses

Free Fishing

- On June 3-4 Wisconsin residents and visitors can fish anywhere for free in Wisconsin. No license is needed -- this includes inland trout and Great Lakes trout and salmon fishing.
- New to fishing or just need to brush up on your casting? Attend one of the free fishing clinics being hosted around the state.
- Free fishing equipment for loan at 50 state parks, DNR offices, and partner organizations.
- Fishing rules such as limits, size and species of fish that you can keep do apply during free fishing weekend.



State Parks

- On June 3 & 4, all state park vehicle admission & state trail pass fees on all DNR-owned properties are waived.
- Cooperatively-run state trails also may waive fees on this day.

Free Trails

- On June 3 & 4, all state trails pass fees on all DNR-owned properties are waived (cooperatively-run state trails also may waive fees).
- Saturday, June 3 is *National Trails Day*, and is held the first Saturday of every June. Visit <http://nationaltrailsday.americanhiking.org> for more information.

Ride free ATV/UTV

- On June 3 & 4, ATV/UTV owners can ride free (you do not need to have your machine registered in Wisconsin; nonresidents also don't need a trail pass on these days).
- All other rules apply, & safety education certification is required for all UTV and ATV operators who were born on or after Jan. 1, 1988.
- Find places to ride on the Wisconsin ATV Association website and travelwisconsin.com.
- Find organized rides and events on the Wisconsin ATV Association's Registration-Free Weekend webpage.

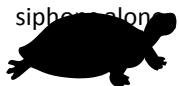
Marinette County State Parks & Forests

- ✓ **Menominee River State Recreation Area** is located in northeast Marinette County along several miles of the Menominee River.
- ✓ **Governor Thompson State Park** has more than 2,800 acres of woods, a campground, picnic areas & hiking trails, and 6 miles of shoreline on the Caldron Falls Flowage.



- ✓ The **Peshtigo River State Forest** has 25 miles of river, 3,200 acres of water and 9,200 acres of forest.

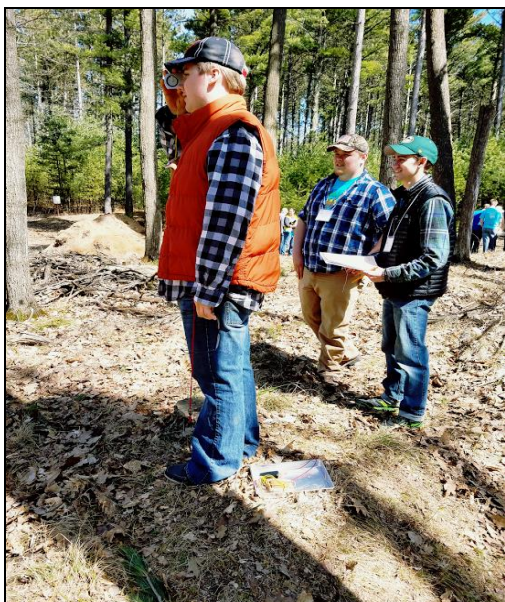
Visit <http://dnr.wi.gov/> and search for "Free Fun"



High School and Middle School Students Compete in the 2017 Wisconsin Envirothon

By Kim Warkentin, Wisconsin Land+Water Operations Manager/Youth Education Director

The annual Wisconsin Envirothon was held in Rosholt, Wis. at the Wisconsin Lions Camp on Friday, April 7, 2017. Wisconsin Envirothon is Wisconsin's ultimate middle and high school environmental science challenge. Teams of four or five high school or middle school students participate in the four hands-on, mostly outdoor field challenges designed by natural resources professionals and educators. Exams are based on four categories: forestry (below), soils/land use (bottom right column), aquatic ecology, and wildlife (at right).



Schools from across the state spent a sunny spring day testing their knowledge at various stations where they participated in multiple hands-on challenges. Students identified tree species and measured tree diameters in the woods, and assessed engineering and agronomic properties of soils at the soils and land use station. They also identified aquatic invertebrates and invasive plants, as well as wildlife pelts and tracks. Additionally, they tested their classroom knowledge on written exams.

"The Envirothon experience was amazing. You meet people who are interested in the same things you are. The overall experience is very enjoyable," said Ally Vobornik, a student from Northern Waters Environmental School.

Finally, students created a team presentation based on this year's current issue: Agricultural Soils and Water Conservation Stewardship. They had three weeks to prepare their team presentation. The Current Issue team presentation provides an opportunity to join fundamental knowledge and reasoning ability to understand and articulate today's critical environmental concerns. Participating in Wisconsin Envirothon helps students develop knowledge and skills to either pursue careers in conservation or preserve our natural resources in whatever civic and career choices that lie ahead.

"It's essential for people to be educated about environmental issues. Envirothon is an interesting and fun way to educate the next generation of

potential environmental activists," stated Hannah Izdepski, a Ladysmith High School student.



The overall winner for the High School category will represent Wisconsin at the North American Envirothon taking place July 23-29, 2017 at Mount St. Mary's University in Emmitsburg, Maryland.

The following teams won first place in the following categories:

- **Aquatic Ecology: High School-** Ladysmith, **Middle School** - Wildlands
- **Forestry: High School** - Middleton, **Middle School** - Wildlands
- **Soils and Land Use: High School** - Island City Academy, **Middle School** - Wildlands
- **Wildlife: High School** - Island City Academy, **Middle School** - Fox River Academy
- **Team Presentations: High School** - Middleton, **Middle School** - Wildlands
- **First Place FFA School** - Hudson High School
- **Overall: High School** - Island City Academy, **Middle School** - Wildlands



Wisconsin Envirothon is a program of the Wisconsin Land+Water Conservation Association's Youth Education Committee and is made possible by many generous volunteers, natural resource professionals, and educators. Wisconsin Envirothon also relies on the volunteer and financial support of agency partners, county conservation departments, and organizations and businesses dedicated to conservation. For a complete list of second and third place winners and the event's financial supporters, please visit our website at <http://wisconsinlandwater.org/events/envirothon>.



New Chimney Swift Tower at Harmony Arboretum

In late April, members of the Chappée Rapids Chapter of the Audubon Society installed a Chimney Swift nesting structure just east of the Demonstration Gardens at Harmony Arboretum.



Native to our area, Chimney Swifts are distant cousins of swallows, and more closely related to hummingbirds. Swallows have a relatively languid wingbeat while swifts have a rapid, flickering flight reminiscent of bats. Swifts rarely fly in a straight line, and often give the false impression of flapping their wings alternatively. Swifts also tend to hunt higher in the air column than do swallows.

Sometimes described as a 'flying cigar', the dark-gray Chimney Swift nimbly maneuvers over rooftops, fields, and rivers to catch insects. Curved wings and stiff, shallow wingbeats give it a distinctive flight style as does its fluid, chattering call. They typically fly nonstop from dawn to dusk. This species has suffered declines as chimneys fall into disuse across the continent, but they are still readily seen in downtown Marinette.

They originally nested (and sometimes still do) inside large hollow trees. These birds adapted to the removal of old growth forest by learning to nest in chimneys or similar hollow towers, usually well down from the opening, in a well-shaded area. Nests (built by both sexes) are shaped like half a saucer, made of twigs glued together with saliva (below). Adults break off short dead twigs while zooming past in flight. Swifts lay 3-6 white eggs, which hatch in 19-21 days. Both parents incubate and feed young regurgitated insects. Young leave the nest after about 20 days, creeping up vertical walls, and start flying in 28-30 days.



They forage only while flying, often in small flocks, pursuing insects and using their beaks to scoop them out of the air. They generally fly high but will forage much lower during wet weather. Their diet consists largely of a wide variety of flying insects including beetles, flies, true bugs, and moths. At times they focus on swarming insects, such as emergences of winged adult ants.

See page 7-8 for more information about Harmony Arboretum!



Northwoods Journal Volume 15, Issue 1

The *Northwoods Journal* focuses on various outdoor recreation opportunities and local environmental topics to inform readers about natural resource use, management, and recreation in Marinette County.

Published in cooperation by:

- Marinette Co. Land & Water Conservation
- Marinette Co. Parks & Outdoor Recreation
- Marinette Co. UW-Extension

UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA. To ensure equal access, please make requests for reasonable accommodations as soon as possible prior to the scheduled program. If you need this material in another format, please contact the UW-Extension office at 715-732-7510.

Please send comments to:
Marinette County LWCD
1926 Hall Ave, Marinette, WI 54143
abartels@marinettecounty.com

5 Great Health Benefits of Walking in the Woods

From: www.organiclesson.com

In Japan, there is a practice known as *Shinrin-Yuku*, or “forest bathing”. For many years, people have rejuvenated their mind and body by making a trip to a forest. In the following infographic, we highlight five great health benefits of joining this practice. Find out yourself how walking amongst the oxygen-rich woodlands can benefit you.

HEALTH BENEFITS OF WALKING IN THE FOREST



Reduce Stress & Depression

Being in nature for an extended period of time could help reduce the level of cortisol (stress hormone)

Boost Immune System

Plants emit phytocides which when breathed in can increase the activity of NK (type of white blood cell)

Reduction in ADHD

Walking in forests can mitigate ADHD symptoms by giving children more opportunity to get directed attention

Help Your Mind Focus

Can give the cognitive part of your brain a break by helping you focus less on everyday stress

START EMBRACING NATURE TODAY
CREATED BY ORGANICLESSON.COM

#1 - Exercise

Getting the most obvious benefit out of the way, walking in the woods can be a great stress-free way of exercising. Keep in mind that there are plenty of other “green exercises” you can do aside from walking. Some folks participate in outdoor yoga sessions, while others may participate in intense hiking. The main benefits come from staying in a wooded environment for an extended period of time, so feel free to do what you wish. If you want to help the environment and kill two birds with one stone, consider volunteering in environmental activities such as tree planting or other important conservation efforts.

#2 – Reduce Stress

Several studies have shown that being around trees may help alleviate stress. According to an interesting study conducted by researchers at the University of Illinois at Urbana-Champaign and University of Hong Kong, viewing nature helped participants reduce their stress levels. Another study conducted by researchers in Japan found that being surrounded by nature helps reduce the level of cortisol (stress hormones). If you’ve been having a stressful time lately then there is little downside to inviting a few friends for a trip to a local forest/woodlands.



#3 – Boost your Immune System

Plants emit a substance called Phytocides. The primary purpose of this substance is to help plants protect themselves from bugs and diseases, but studies have found that it can also be of benefit to us. When we breathe in the substance, our bodies respond by increasing the activity of white blood cells known as NK or natural killer



cells. One study found that a participant’s increased NK activity lasted for more than 7 days after a trip to a forest.

#4 – Improve Focus

Walking in the woods may also help improve your focus. Spending time in the forest can give the cognitive portion of the brain a break. Instead of focusing on everyday things that can mentally drain us, imagine walking in the woods and gazing at plants, animals, and other aspects of nature. One study also found that walking in the woods can help reduce depression. According to Dr. Berman, a research fellow at the Rotman Research Institute at Baycrest, a forest “tends to be less crowded so you don’t have to worry about bumping into people, and it also has interesting stimulation to look at, which captures your attention automatically”.



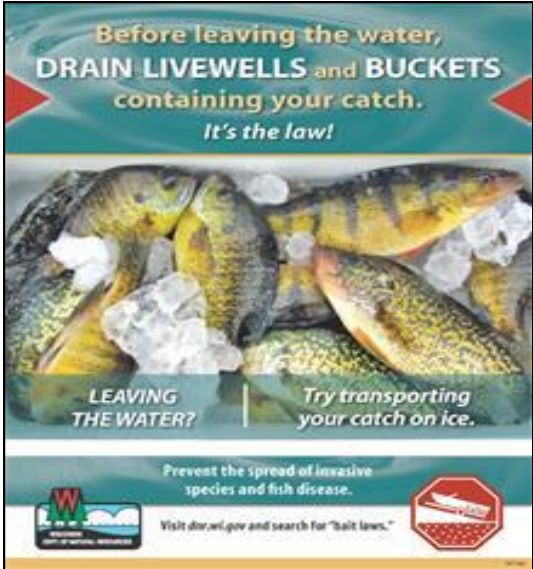
#5 – Reduction in ADHD

Walking in forests could help mitigate ADHD symptoms. One study found that children with access to green spaces showed milder symptoms of ADHD. One explanation provided for this finding was the effect of attention restoration. Children who play outdoors are given a greater opportunity to replenish their “directed attention”.



Draining livewells can stop invasive species and protect Wisconsin’s waters

Water left in livewells, bait buckets and bilges is a vehicle for the spread of fish diseases and aquatic invasive species between lakes. That is why draining all equipment before leaving a boat launch is required in Wisconsin – a requirement that will be underscored at the upcoming statewide Drain Campaign.



The annual campaign will take place the weekend of June 9-11. Volunteers will be talking with anglers and boaters at landings around the state and, in some cases, handing out free icepacks as a substitute to keeping fish in water. “Ice is a great alternative to keep your fish fresh on the ride home,” says Bob Wakeman, the statewide Aquatic Invasive Species Coordinator for the Wisconsin Department of Natural Resources, adding that ice is already preferred by many anglers, since it stops bacterial growth and helps protect the flavor of your catch.

New to the Drain Campaign this year is a coordinated way for anglers to help share its message. Those who use social media can help spread the word about the importance of draining livewells and other equipment by posting photos and messages using the hashtag *#JustDrainIt*.

Wisconsin law prohibits transport of invasive species because they have negative impacts on our aquatic ecosystems and our economy. Draining your water and using ice instead is the best way to comply with the law and help keep our lakes and fisheries healthy. “Anglers are passionate about protecting their lakes and know the right thing to do is to remove invasive species and drain water from their boats,” says Wakeman.

The following steps are required by law to prevent aquatic invasive species:

- INSPECT boats, trailers and equipment.
- REMOVE all attached aquatic plants and animals.
- DRAIN all water from boats, vehicles, and equipment, including livewells and buckets containing fish.
- NEVER MOVE plants or live fish away from a waterbody.
- DISPOSE of unwanted bait in the trash
- BUY minnows from a Wisconsin bait dealer. Use leftover minnows only when fishing with them on the same water body or on other waters as long as no lake or river water or other fish have been added to their container.

To learn more about invasive species and their impacts to Wisconsin’s waters, tourism, recreation, and the economy, visit online at <http://dnr.wi.gov/lakes/invasives>.



Ask a Master Gardener!



Northern Lights Master Gardeners are local volunteers trained to assist UW-Extension in educating the public about gardening and natural resources. We strive to make a difference in the places we live, learn, and work, and Master Gardeners are trained to deliver research based information and so much more.

One way the Northern Lights Master Gardener Association (NLMGA) is reaching out in our communities is by staffing 'Ask a Master Gardener' booth at various public events. This outreach impacts the daily lives of many families and individuals by allowing them to speak directly with trained volunteers to troubleshoot any horticultural issues they may face. From starting a new garden to managing an existing landscape or dealing with any type of pest, NLMGA can set you in the right direction with research-based recommendations.



Association members have a wealth of knowledge to share. Not only are many resources at their fingertips, but their personal experiences, trials, and errors also contribute by providing a successful outcome in whatever your gardening situation. Next time you see 'Ask a Master Gardener' at an event, know they are there to help you - stop to share an experience, ask a question or simply say hello.

NLMGA collaborates with UW-Extension Marinette and Marinette County Land & Water Conservation in providing learning opportunities to all residents. A listing of annual programs and events is at <http://marinette.uwex.edu>. All events are free to attend, unless otherwise noted. For more information about the Master Gardeners or other county horticulture/agriculture programs, contact the Marinette County UW-Extension office at 715-732-7510.

UW
Extension

Marinette County Breakfast on the Farm

Sunday, June 25, 2017

7:30 a.m. to 12:00 p.m.



Pancakes, eggs, sausages, cheese curds, maple syrup, applesauce, milk, juice, coffee, ice cream sundaes

Petting zoo, Moo-Mania comedy show, kiddie tractor pull, face painting, balloons, kids bouncy play area, airplane candy drop, viewing of barns & cattle, wagon rides, music (No advanced ticket sales)

Adults — \$7.00 / Children 6-10 — \$4.00
Children 5 yrs & under — FREE

Thank you to the following businesses for supporting the 2016 Breakfast on the Farm in money or in kind donations:

Platinum—\$1,000 or more

A&C Sawdust

Alternative Animal Bedding

Beaver Brook Maple Syrup

Country Visions Cooperative

Culver's

Dan Bieber Equipment LLC

Dan Risner & Son Excavating

Fendryk Brothers Construction

Fendryk Brothers Farm

Graese Electric

Greenstone Farm Credit

Hoppe Dairy

Jandt Farms

KBM Construction

Oconto Falls Insurance Center

Patz Corporation

Pelkins Piggly Wiggly

Scheffen Electric

Gold—\$500-\$999

Beaver Machine

BMO Harris Bank

Cornette Farm Supply & Vita Plus

Crivitz Redi-Mix

Dan, Sue, Eric, Jamie Van De Walle

Genex Co-op, Jeff Jahnke Jeff Fischer

GCR Tire & Service

Kotecki Veterinary Service

Lee's Family Foods

Marinette Co Holstein Assoc

Peshtigo Feed Mill

Riesterer & Schnell Inc

Waste Management

Wisconsin Public Service

Witts Piggly Wiggly & Ace Hardware

Silver—\$250-499

Abts Bou-matic

Agropur

Biehl Construction

BelGioioso Cheese Inc.

Clintonville Refrigeration LLC

Crivitz Pharmacy

Culver's

Dair-Ray Vet Service

De Laval Dairy Service

Energy Solutions

Erik's Garden Center

Ford Motor Company

Golden Ridge Dairy LLC

Golden Calf Co LLC

Graef Transport Inc

Great Lakes Foods

Hoida Construction

Hosking Electrical Services

Katies Subs

Keith & Nancy Hartwig

Kozlovsky Dairy Equipment, Inc

Marinette County Farm Bureau

Meatski's

Merrill Equipment

Mt. Morris Mutual Ins & Turner Gross

N-K-S Tire Sales & Service

P&D Sales and Service

Peshtigo National Bank

Patz Maple & Honey Farms

Peshtigo Times/Times Saver

Petal N Roots Greenhouse

Peters Concrete Co

Roth Sugar Bush

Rural Mutual Insurance & Mel Gross

Saputo Cheese, USA

Seed Concepts

Trega Foods

UW-Extension Marinette County

Valley Building Systems & Foxland

Vanderloop Equipment

WI-MI Insurance Agency

Bronze—\$100-249

Animal Health Clinic

Barnstormers

Badgerland Cattle Inc

Burger King of Marinette

Circle R Mink Ranch

Countryside Veterinary Clinic LLC

Crivitz Pharmacy

Crivitz Veterinary Clinic Inc.

D&D Equipment

Dairy Farmers of America

Dairyman's Advantage LLC

Dumke Bros.

Ecklund Motor Sports

Elanco Animal Health

Equity Livestock Auction

Frank's Logging

Gendron's Inc

Graetz Mfg.

Gusick's Ace Hardware

Harding Septic

H.J. Dudkiewicz & Sons, Inc.

Holley's Harvest

Ideal Tent & Party

Infinity Feeds, LLC

Jakes Jumpers

Jakes Sales & Service

Kaufman Farms

Kevin J. Pepin, D.D.S., S.C.

Marinette Farm & Garden

Menza & Zak Heating & Cooling

Munson Seeds

Northwood Flooring

Nowak Construction

Oconto County Lumber, Inc

Oconto Electric Cooperative

Patz Maple & Honey Farms

Phils Pumping & Fab

Precision Carts

Pomps Tire

Rhodes-Charapata Funeral Home

Rymer Heating LLC

Schenck Associates

Seefeldt Farms

Springside Cheese

St. Louis Concrete

Strutz Farms

Terry & Donna Reed

Toby's Spray Painting & Sandblasting

Tri-State Feed & Grain

Troy & Katie Van De Walle

United Cooperative

Village Pharmacy, Inc

Wagner-Casper Ins. Agency

Wisconsin Building Supply

Witt Ford

Zeitler Agri-Center, Inc

Zorn Trucking

What's New at Harmony Arboretum?

What's New?

The old shade house will be replaced this year with a bigger structure. The old shade house is down, and Master Gardeners will be hard at work building the new one.

The new permanent outhouse is also up and running. It was completed last fall and is located in the parking lot area. The old porta-potty will be removed and the space will be used for more planting space.



Children's Learning Garden

The first school groups of the year visited Harmony's Children's Learning Garden in mid-May. Faith Lutheran preschool and Peshtigo Elementary 4K both visited to learn about 'Animals of the Underground'. After taking a trip 'underground' the groups enjoyed

nature playtime in the gardens and found frog & insect friends in the beaver pond.



Area Events Calendar



Memorial Day–Labor Day	Area Museums Open. Marinette & Menominee County Historical Museums, Peshtigo Fire Museum, Amberg Historical Complex, Busville Doll Museum (Crivitz), Land of Oz Museum (Wausaukee) & West Shore Fishing Museum (M-35 north of Menominee, MI). Visit http://therealnorth.com/index.php/features/museums or call the Marinette/Menominee Area Chamber of Commerce at (715) 735-6681.
May-September	Crivitz Flea & Farmers' Market , every Thursday from May 25, 2017 through August 31, 2017, 8am-2pm across from the St. Mary's Catholic Church at 800 Henriette Avenue. Wide variety of vendors with handmade arts & crafts, antiques, collectables and much more! Contact Barbara Uhl at 715-854-2030 to rent space by day or season up to first market date. BONUS FLEA MARKET – July 4, 2017 8am – 2pm.
June-October	Stephenson Island Marinette Market Marinette Farmer's Market will be at Stephenson Island, located North on Hwy 41, off the Interstate Bridge between the WI and MI borders. 2pm-6pm on Fridays No Saturdays. For more information, please call 715/732-4333.
June-Sept.	Forgotten Fire Winery Summer Concert Series in Peshtigo. Music starts at Noon and ends at 4 pm. Join the fun every Saturday in June, July, August and September for the outdoor concerts. No carry-ins please. Visit www.forgottenfirewinery.com/events for a full listing of artists performing during the 2017 season. Summer Concert Kick-off on June 24 from Noon to 4pm.
June 4	Wausaukee Concert in the Park. Evergreen Park pavilion at 2:00 pm. Featuring Ry Rick ~ Rock/Country/Pop Classics. Bring own lawn chairs. Contact Logan Gruszynski at 715-927-6506 for more information.
June 6	Concerts in the Park ~ Stephenson Island, Marinette. 6:30 pm Stephenson Island at Chamber of Commerce Performance Center. Highway 41 Interstate Bridge, Marinette, WI Boilerplate will be playing.
June 12– July 29	Summer Reading Club. Stephenson Island, Calling all kids, teens and adults. Many different programs available. For more information check out marinettecountylibraries.org , the Stephenson Library Facebook page or at the library!
June 7	Bands at Badger Park. Badger Park in Peshtigo. Wednesday nights, 6:30-8:30pm. The Sapphires. Free musical entertainment with concessions available at 5:00pm. Call Peshtigo Chamber of Commerce at 715-582-0327 for more information
June 8	Movies in the Park ~ Littleland Playland Park, 510 Louisa St. Crivitz. Movie begins at 8:50 p.m. - "Finding Dory".
June 9-11	Copperfest in Oconto. 35 th Year! Fabulous weekend of family fun with live music, entertainment, children's activities, street market, & plenty of refreshments. Friday 5-11p.m., Saturday 11a.m.-midnight, Sunday 11a.m.-5p.m. Small admission fee. For more information call Oconto Chamber of Commerce at (920) 834-6254.
June 10-18	35th Porterfield Country Music Festival. Green's Green Acres, 6 miles west of Marinette just off Hwy 64. Original artists, camping, live music, concessions and Nashville stars. Check www.countrymusicfestival.com or call 866-456-4333 for info & tickets, 715-789-2130 for camping and 920-834-2465 for concessions.
June 10-11	32nd Michigan's Free Fishing Weekend. Two days twice a year, families & friends can enjoy Michigan Fishing, for FREE! All fishing license fees will be waived for two days. Residents & visitors can fish on both inland and Great Lakes' waters for all species of fish. All other fishing regulations still apply. Call 906-228-6561 for more information.
June 10	32nd Annual Kids' Fishing Derby. Menominee Marina on First St. 8:00 to 11:00 a.m. Sponsored by M&M Great Lakes Sport Fisherman.
June 11	Wausaukee Concert in the Park. Evergreen Park pavilion at 2:00 pm. Featuring Lane Lee Ludtke ~ Modern Country Music. For more information contact Logan Gruszynski at 715-927-6506.
June 12-23	College for Kids. Musical Theatre Camp – M-F 9:30 am to 3:00 pm. UW-Marinette. For children, 6 to 15. Join us for our Theatre Camp where participants ages 6-18 will learn about being part of a production in a real live theatre setting. They will learn theatre language, stage presence, costuming, set creation and so much more. At the end of the two week session a performance will be performed for the public. If you have ever thought about trying out, this is the place to do it. Space is limited so register early! For more information please call 715-735-4300.
June 16	Celebrate Summer Water Bash! 6:15 – 8:15 pm Civic Center Pool. Live music, games and pool activities, plus pizza and popcorn for sale in the concession area. Admission is a summer program supply – crayons, chalk, glue, pool noodles – think summer fun!
June 18	Wausaukee Concert in the Park. Evergreen Park Pavilion at 2:00 pm. Featuring Matt & Rissel ~ Jazz/Blues/Funk/Latin Music. For more information contact Logan Gruszynski at 715-927-6506.
June 17	6th Annual Jim Hodge Memorial Run. All proceeds go to the BAMC Foundation to support patients with lung issues and promote organ donation in the Marinette/Menominee community. All donations are tax deductible. Run will be held at the YMCA in Menominee. Cost is \$25 for 5K and 10K. To sign up go to www.JimHodgeRun.org .
June 17	3rd Annual Equity Park Flea Market/Craft Fair. 9am to 3 pm. At Equity Park on State Highway 64. For more information call Shirley at 920-591-0237.
June 18	Free Admission for Dads & Families. Free pool admission for families accompanied by their Dad from 1-4:30pm and free tennis for dads and their families from 12-5pm at the Civic Center indoor tennis courts. Call 715-732-5222 to reserve your court time.
June 21	Bands at Badger Park. Badger Park in Peshtigo. Wednesday nights, 6:30-8:30pm. Lady "J" (formerly Next Myle). Free musical entertainment with concessions available at 5:00pm. Call Peshtigo Chamber of Commerce at 715-582-0327 for more information.
June 22	Concert in the Park ~ Menominee Marina Bandshell. First Street. Black Knights. 6:30 – 8:30pm.
June 22	Movies in the Park ~ Littleland Playland Park, 510 Luisa St. Crivitz, WI. Movie begins at dusk - "101 Dalmatians".
June 26-30	College for Kids. Gifted and Talented Week. For children, 6 to 15. This week will look at the French language, Computer Technology and Physical Fitness. French for Kids will introduce students to basic French words, expressions and phrases, teach Francophone cultures, and "travel" around the world to learn about French-speaking countries! Our Computer class will teach kids how to make games, websites, apps and other creative skills in the world of technology. In the afternoon, the Fitness for All Class will be focusing on a wide variety of fitness activities performed in the pool, gym and the great outdoors. For more information call 715-735-4300.
June 23	Kids Fishing Derby. 8am - noon at Stephenson Island. Marinette Recreation Department and Marinette County Trout Unlimited are sponsoring the event with awards and prizes in many categories. Participants should provide their own tackle and bait. No charge, but pre-registration is required at the Civic Center. Open to children ages five and up. Younger children may participate with a parent. Call 715-732-5222 for more information.
June 23	Family Water Bash ~ Something's Fishy. Civic Center pool from 6:16-8:15 pm. Different theme each week. For more information please call 715/732-5222
June 25	Wausaukee Concert in the Park. Evergreen Park Pavilion at 2:00 pm. Featuring Sig Loomis ~ Polka & Waltz Music.. For more information contact Logan Gruszynski at 715-927-6506.
June 25	Breakfast on the Farm. 7:30 am – noon at Dave & Sheila Denowski & Families. For more information contact UW Extension at 715-732-7510. Check out the article on page 7.
June 25	Annual Art for All. Art show and sale will take place at the Great Lakes Memorial Park from 10am-4pm with over 50 artists from across the Midwest participating. This is a free event with live music, performances by First Street Academy of Dance, food vendors and a children's art area with "Make and Take" art projects. Visit Art For All on Facebook or visit www.artforallinc.com . Rain or Shine.
June 26	BAMC Menominee River Century Bike Ride. Begins at Marinette High School & includes 5 routes through scenic & historical sites in both Marinette & Menominee Counties with 10 fully stocked rest stops along the way. The 15K Family Fun Route features a rest stop with games, prizes and kid-friendly snacks. Registration discounts are offered for early registrants, groups and families. For more information and to register, visit www.mrcride.com or find us on Facebook!

Continued at right

Harmony Arboretum Schedule of Events



Located seven miles west of the City of Marinette off of Highway 64, then ½ mile south on County E (#N8390). All programs are free unless otherwise stated. For more information, call UW-Extension at 715-732-7510 or Land & Water Conservation at 715-732-7780.

June 8 - Pest Management in the Vegetable Garden, 6:30-8:00 pm

Many different insects and diseases affect vegetable gardens. This session will focus on identification and best management practices of our common pests. Vine crops are featured at Harmony this year, but samples from all other vegetables are welcome!

June 10 - Bird Hike, 6:00 - 8:00 am

Take a guided hike through the Harmony Hardwoods to learn about our native forest bird species. Field guides and some binoculars will be available. Dress for the weather; cancelled if inclement weather.



June 25 - Marinette County Breakfast on the Farm, 7:30 am – Noon - See page 7 for more information!



Calendar of Events, continued:

June 29	Movies in the Park ~ Littleland Playland Park, 510 Louisa St. Crivitz. Movie begins at dusk - "Trolls".
June 30	Kiddie Parade. Civic Center at 1:00 pm. No charge to participate. We'll line up in the parking lot at the Civic Center at 12:30 pm. We will proceed down Alice Lane to Mary Street to Oakes Street to Georgia Street and back to the Civic Center at 1:00 pm. All participants will receive a certificate for free admission to the Civic Center pool. No pre-registration is required.
June 30	Family Water Bash ~ Happy Birthday USA! Civic Center pool from 6:16-8:15 pm. Different theme each week. More information please call 715/732-5222.
July 8	Meet the Fleet at M&M Yacht Club, Menominee MI. 10am-4pm, take free boat rides on both power and sail boats. Call 906-863-7140 or email info@mmyc.org or www.mmyc.org for more information.

